



# Positive Life Styles

**Grade Level:** Foundational    **Lesson Plan Timeframe:** 2-3 days    **Topic:** Developing and maintaining a positive lifestyle  
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<b>Overview &amp; Purpose</b>  Students will examine the makeup of a positive lifestyle and determine ways to maintain it.	<b>FCCLA National Program(s)</b>  Student Body STAR Events
<u><b>Idaho Standards</b></u> EFCS 5.0    TL 8.0    YL 5.0    TLC 4.1    FHW 1.0    NF 1.0, 2.0, 4.0 AL 3.0, 4.0    HS 4.1    L 3.2    EA 3.1 <u><b>National FACS Standards</b></u> 1.0   2.0   3.0   6.0   8.0   9.0   11.0   12.0   14.0	<b>Programs of study</b> Teen Living Adult Living

<b>Lesson Plan Goals &amp; Objectives</b> (Specify skills/information that will be learned.)	Students will identify the makeup of a positive lifestyle Students will explore the benefits of being physically and emotionally fit Students will establish ways to maintain a healthy and positive lifestyle
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Paper</li> <li>• Pencil</li> <li>• Computer with internet</li> </ul>
<b>Introduction of Subject</b> Anticipatory set (Give and/or demonstrate necessary information)	Ask students- how many of you would like to have a long and happy life? What are you going to do to get there? Discuss.

<b>Activity 1</b> (Describe the independent activity to reinforce this lesson)	What does it mean to have a positive life? What are the components of a positive life style? Discuss
<b>Activity 2</b> (Describe the independent activity to reinforce this lesson)	Divide the class into groups and have each research an area of fitness such as financial fitness, emotional fitness, physical fitness, intellectual fitness....  They should identify what their fitness area is, why it is important to overall fitness, what are it's benefits, ways to stay fit in their researched area.
<b>Activity 3</b> (Describe the independent activity to reinforce this lesson)	Have students' present information to the class.
<b>Assessment</b>	Student discussion Student presentations
<b>Summary/Evaluation</b> (Assign Homework, or Reflect on the Outcomes)	Write a ½-1 page paper on what it means to have a positive lifestyle.
<b>Other Resources</b>	(e.g. Web, books, etc.) <a href="http://www.self-esteem-and-confidence-improvement.com/positive-lifestyle.htm">www.self-esteem-and-confidence-improvement.com/positive-lifestyle.htm</a> <a href="http://www.creativelivinginc.com/positive-lifestyle.htm">www.creativelivinginc.com/positive-lifestyle.htm</a>
<b>Additional Notes</b>	
<b>Source</b> (If Applicable : cite any published or copyrighted materials used in this lesson plan)	National Spotlight Project

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